

Adult Swim Lessons All Year Round!

***Please Note: Some Classes Only Seasonally Offered**
(Click Class Names for Online Registration)

Class	Ages
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<u>Adult Beginner 1</u>	14+ years
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This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

<u>Adult Beginner 2</u>	14+ years
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This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated.

<u>Adult Beginner 3</u>	14+ years
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Swimmers for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke.

<u>Adult Beginner 4</u>	14+ years
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Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students

<u>Adult Stroke Correction*</u>	14+ years
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Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, freestyle, breaststroke, elementary backstroke and sidestroke will be further developed. Endurance and breathing are stressed. These sessions are not for beginners.

[Register Online](#)

[View our complete guide and fill out the registration form](#) to register by mail, walk-in or fax (240-314-8759)

For more information email swimcenter@rockvillemd.gov

Learn more at www.rockvillemd.gov/swimcenter

Private Lessons: The center is proud to offer private lessons for those who are interested in a one-on-one learning experience. Private lessons are available for adults and children of any skill level. The cost for private lessons is \$35/half hour for one student (or \$50/half hour for two students at the same time who are of the same skill level). Private Lessons can be scheduled for any time during our **Public Swim Hours**. To request more information about private lessons, complete and return the **Private Lesson Request Form** via fax to 240-314-8759 or email **Debbie Bouwkamp**.

Rockville Master's Swimming

16+ Years

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Swim 4 Fitness

16+ Years

Learn to Swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke, and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Also, check out our **Triathlon Training** groups for that extra push to increase your swimming speed and endurance!